

## Historic, archived document

Do not assume content reflects current  
scientific knowledge, policies, or practices.



★ JUN 25 1935  
U. S. Department of Agriculture

HOUSEKEEPERS' CHAT

Thursday, July 4, 1935

(FOR BROADCAST USE ONLY)

Subject: "4-H GIRLS AND FOOD BUDGETS." Information from the Extension Service, United States Department of Agriculture.

--ooOoo--

The story I have to tell you today is about some of this Nation's most flourishing clubs -- the 4-H Clubs. City people often ask what those clubs are. Country people know. The 4-H Clubs, with a membership of nearly a million boys and girls, represent a great educational undertaking for the young people on the farm. As a feature of the extension work of State agricultural colleges, with the cooperation of Extension Service of the United States Department of Agriculture as provided by Act of Congress 21 years ago, these boys and girls are organized to learn how to be good farmers, homemakers, and citizens. Most of them are between ten and twenty years old. Their 4-H symbol stands for training of head, hand, heart, and health. Their method is to learn by doing.

At your State or county fair this fall, you may see 4-H exhibits -- perhaps fine calves, pigs, chickens, corn, wheat, potatoes or some other crop grown by some 4-H boy. You may have bought meat, poultry, eggs, milk or garden truck produced by a 4-H boy or girl. If your town has a farm women's market, you may have treated your family to some of the canned fruit or vegetables, jellies or preserves representing the summer output of some ambitious 4-H girl. But, of course, there is a great deal of 4-H work which you can't see unless you visit one of the many farm homes where it is going on.

Here is a home, for example, where an older 4-H club daughter has taken over the management of the family meals for a month. That is her club assignment and mother takes the chance. The club program is directed by a trained home economist. Daughter is allowed to work out the family food budget and to plan the meals and prepare them for a month.

Not every family works on a budget, so the 4-H girl may be able to do a pioneering job on this occasion. She reckons, of course, on the foods that will come to the kitchen from the home farm and garden and orchard, and from the berry or melon patch. Perhaps she can plan to get along with no cash outlay for milk, cream, butter, eggs, fresh vegetables, fruits, chickens, ham, bacon, salt pork, and maybe other meat and lard. All the so-called "protective" foods, listed by the club instructors, are on hand, so this family will have all the minerals and vitamins it needs, if all goes well in the kitchen. And the preparation of attractive meals also is taught in the club projects -- members learn cooking methods that preserve food values, and at the same time produce attractive dishes. Daughter is on her mettle, too -- for the club achievements are all judged and each girl gets a rating for her work.



Most farm households in these days buy their flour, meal, and breakfast cereals, their sugar, coffee, tea, chocolate, and various "extras." The young budget-maker must take these things into account, and decide upon the quantities she needs of each kind of food to balance the family diet. When it comes to this, she is the envy of the city homemaker. Cash expenditure for the farm family goes chiefly to the energy foods, the breadstuffs, cereals, and sugar which usually are the least expensive part of a well-balanced food supply. The farm homemaker, with most of the protective foods produced on the farm, does not have to worry about stretching her dollars to include the milk, butter, eggs, vegetables and fruits, and maybe the meats, that take such a big part of the city family's food dollar.

The 4-H Club girl often does another budget, too -- a canning budget. The farm family has its own fresh fruits and vegetables in summer, but must depend largely upon canned and stored ones in winter. No hit-or-miss canning program goes in a 4-H Club. The member plans for a budgeted number of cans of berries, cherries, peaches, pears, and plenty of tomatoes -- which are especially important and also the easiest foods to can; so many cans of asparagus, beans, peas, corn, okra, spinach, succotash, some mixture -- all these nonacid vegetables carefully processed in a pressure cooker to make sure they will keep. Jellies, preserves, and pickles to vary the school lunch and pep up all the meals; canned chicken -- perhaps other canned meats.

She budgets these in due proportion to the rest of the family needs, so there will be no lack of the necessary variety of foods for balanced winter meals. A canning budget, of course, is planned to fit into the other food supplies, so it is never a complete food budget. In the smoke-house may be cured meats, in the cellar potatoes, carrots, cabbage, turnips, beets, onions, squash, pumpkins, apples, and other vegetables and fruits that can be stored. But the model pantry holds the carefully planned quantities of canned foods. With the stored foods, the day by day milk supply, and the flour and cereals and other necessities to be purchased, the canned foods will provide a well-balanced family diet for the winter. To make a canning budget requires good planning all down the line.

Some 4-H girls have exhibited at fairs, a model pantry for the baby -- small shelves, with small cans of tomatoes especially, and canned purees of spinach, peas, and other vegetables. To complete this pantry, they have space for cans of evaporated milk to use if needed, for evaporated milk will keep indefinitely in unopened cans, and it has practically the same food value as fresh milk.

The food programs of 4-H Clubs are by no means all for girls. Some States have them especially for boys, and the boys like this because they cook for their own camps, and often help to prepare the hot dish for lunch at school. All food programs tie in naturally with the gardening programs, of course, and with health education programs.

So there we see three of the H's -- Head, Hand, and Health. The other one -- Heart -- goes into the work to spread its benefits to home, family, friends and community, in the form of good will, good fellowship, and practical helpfulness.

#####

